

INCREMENTAL WEIGHT TRAINING SYSTEM, APPARATUS, AND METHODS

**ABSTRACT**

5       The invention provides an incremental weight system adapted for use  
in weight training comprising a plurality of incremental weights ranging in weight  
from about one quarter-ounce to about thirty two-ounces. Each incremental weight  
includes a thin disk having a center opening adapted to receive a standard olympic  
barbell and a slot adapted to receive a weight-bearing cable of a cable-type weight  
training apparatus.